

CONNECTICUT RIDER EDUCATION PROGRAM

Advanced RiderCourse

Prerequisites: *A valid motorcycle license or endorsement. Riders must provide their own street-legal and safe motorcycle.*

The Advanced RiderCourse SportBike Techniques (ARC-ST) is a course designed for experienced motorcycle riders. For the purposes of this course, an experienced rider is one who has basic skills and is a current rider with a motorcycle license or endorsement. Special emphasis is given to self-assessment, risk management, rider behavior, riding strategies and overall skill development, particularly in braking, cornering and swerving procedures and techniques.



The procedures for riding a sport bike do not vary greatly from the procedures for riding other types of motorcycles. But the techniques some riders use are different (two-finger braking, balls of feet on footrests, use of leg pressure for control, etc), and these depend somewhat on the specific motorcycle as well as the specific talent and skill level of a rider.

The Curriculum: The ARC-ST has approximately three hours of classroom activities and five hours of riding time. Participants should be encouraged to read MSF's Motorcycling Excellence for learning more about safe riding and to refresh their safety perspectives.

RATIONAL: The ARC-ST is a training opportunity that supports ongoing efforts related to motorcycle safety initiatives, as it is designed to foster safety renewal and safety improvements for riders. Although this course is based on sport bike riding techniques, it can improve the safety awareness of any rider who chooses motorcycling as a serious form of transportation.



OVERALL AIM: The overall aim of the ARC-ST is to provide a program for rider development in the areas of risk management, decision-making, riding strategies, and rider behavior and choices. This includes initiatives and learning experiences to foster rider gains in knowledge, skill, attitude, values and habits.

RiderCourses help riders improve their skills no matter what type of motorcycle they ride.



All types of motorcycles are permitted and encouraged....

